



National Nutrient Database for Standard Reference

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Statistics Report 09295, Pummelo, raw ^a

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	89.10	3	0.765	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	9.62	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Minerals													
Calcium, Ca	mg	4	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.11	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	6	3	0.995	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	17	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	216	3	24.547	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.382	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.08	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.048	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.017	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	61.0	13	3.365	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.036	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2003
Carotene, alpha ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2003
Cryptoxanthin, beta ¹	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2003
Vitamin A, IU ¹	IU	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2003
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Flavonoids													
Flavanones													
Hesperetin ²	mg	8.4	--	--	8.4	8.4	--	--	--	--	--	--	--
Naringenin ²	mg	24.7	--	--	24.72	24.72	--	--	--	--	--	--	--

Sources of Data

¹A Hommava, W Rogers, R R Eitenmiller **Provitamin A activity of specialty fruit marketed in the United States.**, 1990 J. Food Composition and Analysis 3 pp.119-133

²Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii.**, 2004 J. Food Comp. Anal. 17 pp.1-35

Footnotes

^a Vitamin A and carotenoid values are based on white variety.